

RECCUMBENT BIKE



To ride horizontally, see the world on 180°, less tiring rides, no back or muscles sufferings...and **feel like a snail when climbing !** There's as much pro as cons upon the use of recumbent bike, and only experience will help you distinguish your own point of view. But as short remains ::

Pro :

- Comfort The sensation is close to *glide in a sledge* on the road..
- Less sufferings in articulations, on the neck, arms, perineum, wrist : there's *less compression points*, meaning less traumatisms, especially on long term rides. Once your legs are trained, you can ride hours with no conscience of it. You'll *forget stiffness* the evening, and the next morning !
- Because of all of this, you become rapidly *more endurant and efficient*. Nevertheless, the riding position lets your thorax free for *deep breathing*; and you can breath much more efficiently than on a regular bike.
- The view of what's around is *just great...* 180° free of pain.
- *Comfort*. It help you see things and the world differently. True.

Cons :

- The *back view* is dependant on the use of a GOOD mirror.
- Even if becoming more and more common, *you are not discret* riding a recumbent. That's even why «Cyclotronic» aims *to exploit* the curiosity of yours.!!

Searching by yourself, you will find a lot of close considerations everywhere on the net. I so do share with you a **few ressources** that may provide some food for your curiosity.

Then.

Regarding to my internationalists convictions, most of them are **non-english websites**, but this shouldn't brake your brain yet.



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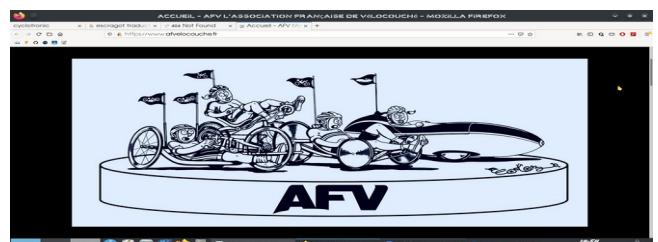


Illustration 1 :

<https://www.afvelocouche.fr/>



Illustration 2 :

<https://www.afvelocouche.fr/>

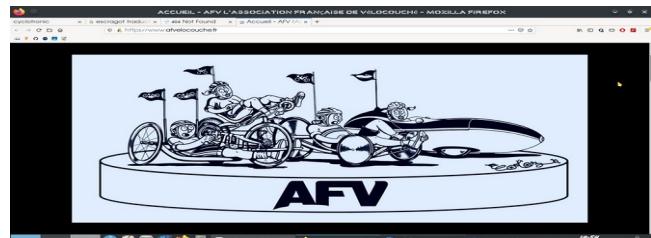


Illustration 1 :

<http://www.whpva.org/>

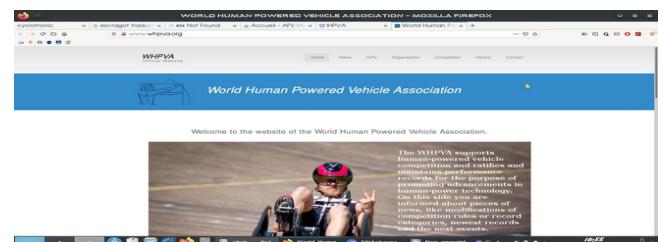


Illustration 3 :

<http://recumbent.free.fr/>



Illustration 4 :

[https://www.cycloiel.com/
index.htm](https://www.cycloiel.com/index.htm)



Illustration 5 :

<https://www.afvelocouche.fr/>

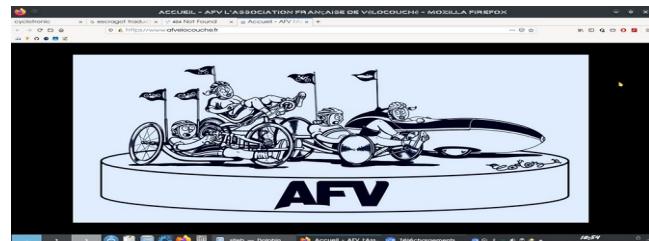


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<http://www.recumbent-world.com/>

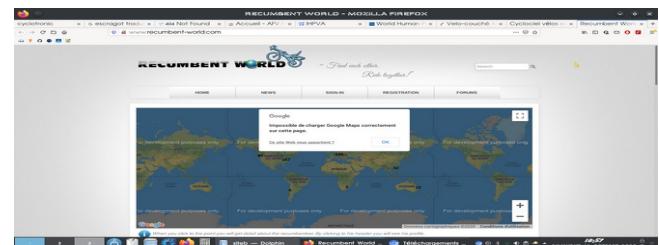


Illustration 6 :

<https://biketothefuture.ch/>



Illustration 7 :

<http://users.skynet.be/ligfiets/>



Illustration 8 :

<http://www.h-zontal.com/pages/presentation.html>



Illustration 9 :